

The Coleman Journal

single copy 10c

A HAPPY NEW YEAR!
IN 70 LANGUAGES.

Our Olympic athletes deserve the support of all Canadians, says James Worrall, Q.C., president of the Canadian Olympic Association, which has launched a \$500,000 fund drive to send the largest Canadian teams ever to the 1968 Olympics and to develop a more vigorous Olympic movement in Canada. Immediate support is being provided by Kraft Foods Limited through a label return program in food stores across the country. Launching the program are O. E. Swain, left, Kraft president; and Billie Ellen St. Jean, Mr. Worrall and Gordon Rob Kay.



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CALL FOR NOMINATIONS

Crowsnest Pass School Division No. 63

Nominations for the office of divisional trustee for Sub-division No. 1 (Coleman) of the Crowsnest Pass School Division No. 63 of the Province of Alberta will be received by the undersigned at his office in the Town of Blairmore, Alberta, until 5:00 P. M. o'clock on Monday, the fifteenth day of January, 1968.

Nomination and acceptance forms (Form G & H) may be obtained from the undersigned.

J. Albizzati, Secretary,
Crowsnest Pass School Div. No. 63.

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ALL WINTER
JACKETS and
SWEATERS

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Bruno's Shoe & Dry Goods Store
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FAMILY SERVICE BUREAU
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Wedding Cake Boxes For Sale
The Coleman Journal

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New Year's Message by Hon. E. C. Manning, Premier of Alberta

Another year is before us, the first new year of Canada's second century of nationhood. My colleagues in the government join with me in extending warm and sincere new year's greetings to all Albertans and in expressing the hope that 1968 holds in store for you, health, happiness and satisfaction. We hope that you can look back on Canada's Centennial Year with fond recollections. In the year ahead I sincerely hope that each and every one will become personally involved in the constructive areas of our society, for in this way we will develop the free and independent life so much to be desired.

Alberta experienced a generally buoyant year during 1967. On the farm front, grain yields were average, down somewhat from the record crop of 1966, but increases in livestock, poultry and dairy product marketings assured a welcome increase in the 1967 farm cash income. The outlook for 1968, in the marketing of grain, holds some uncertainty, due to stiffer competition for world markets and in negotiations as to price.

The development of oil and gas resources during the past year, saw production value increases amounting to 10 per cent. In the year ahead there may be substantial adjustments in the world oil-flow patterns as a result of the Middle East crisis and these adjustments will, in the long run, benefit Alberta's economy.

Manufacturing and retail trade recorded moderate increases during 1967. There was a slight rise in employment while labor income advanced 10 per cent. The construction industry was very active, with the value of building permits 20 per cent higher than during 1966.

In 1968, Canada will be confronted with greater competition for world markets and the strength of our national position is being depleted by rapid price increases as compared with other countries. This situation requires serious attention, not only by governments but by all sections of our society.

It is vitally important that realistic steps be taken to avert the developing national financial crisis which cannot be averted merely by further increasing taxation, which will lead to further price increases for goods and services. Far greater emphasis must be placed on increased productivity with comparable restraint on both public and private expenditures beyond what our prevailing productive capacity has the ability to sustain.

I would assure the citizens of Alberta that this is the course your provincial government is determined to pursue. This course, combined with constant efforts to encourage the maximum development of our total human and physical resources, will ensure continued social and economic progress. Through positive and principled leadership at all levels of government, we can move forward into the first new year of Canada's second century in the firm belief that it will be a century of new dynamic achievements. Again, my sincere best wishes for 1968.

New Year's Message Lieutenant-Governor of Alberta

One year ago we said there was something special about New Years because it brought us to our Centennial Birthday. Now there is something special about the forthcoming New Year which brings us to the end of our Centennial Birthday. The special events of the past year brought us much reason for satisfaction and pride, and must have left Canadians with a new realization of their rich history and unparalleled progress.

As Canada moves along in her second century since Confederation, the tasks ahead will seem scarcely less challenging. It is for Canadian people to promote understanding both within and beyond the Nation. Such understanding will be a contribution to unity at home and peace abroad. Working together with understanding, Canadians are in a position to enrich themselves and

set an example for the world.

To all the people of Alberta and all Canadians, my wish is for continued progress in 1968 with good health and contentment prevailing.

GRANT MACLEWAN,
Lieut.-Governor of Alberta.

Care Of Christmas Gift Plants

Although many flowering plants received at Christmas time turn out to be little more than long-lasting cut flowers, their lives can often be prolonged by exercising a certain amount of control over such environmental factors as temperature, light and humidity.

P. D. McCalla, Supervisor of Horticulture with the Alberta Department of Agriculture, explains that the reason people have difficulty in keeping their gift plants healthy is that these plants are adjusted to greenhouse conditions which cannot be duplicated in the home.

He says a day temperature of between 70 and 75 degrees F. is suitable for a wide range of house plants. The night temperature should be 10 to 15 degrees cooler. Very few plants will thrive if grown in a drafty location or near a radiator or hot-air outlet.

In the average home flowering plants should receive all the light possible, and most plants do better in a south window.

A poorly lighted hall or dark corner is unsuitable for almost all plants.

Ventilation is just as necessary for plants as it is for humans, says Mr. McCalla. They should have fresh air, but be kept away from cold draughts. Since the humidity level in most homes, particularly in the winter, is low, house plants will do better if additional moisture is supplied.

Mr. McCalla says lack of sufficient moisture in the air is often the reason people have difficulty with cyclamen plants. Humidifiers, a pan of water placed on the radiator and standing the flower pot in a saucer or tray of gravel, which is kept moist, are ways of overcoming this problem.

The best rule for watering plants is to give it to them when they need it. A plant needs water, says Mr. McCalla, when the soil has dried out to the point where it crumbles in the hand. The soil should be saturated each time the plant is watered. A little water coming through the drainage hole at the bottom of the pot means that the soil is saturated, but a lot of water coming out of this hole means that the plant has been over-watered.

Following are some specific recommendations for the care of three popular Christmas plants:

Chrysanthemums — keep these plants at a temperature of between 60 and 70 degrees and water them frequently. Chrysanthemums like full sunlight.

Cyclamens — the flowers on these plants will last approximately two weeks if the temperature is kept at about 70 degrees. If it were possible to keep them at a temperature of between 50 and 55 degrees they would last much longer. Be careful when watering cyclamen that the water does not stand in the crown of the bulb because the flower shoots and the leaf stems rot very easily.

Poinsettias — these plants like a cool room, moist soil and full sunshine. If the plant is in good condition when it arrives, it should keep its colored bracts for three weeks at a room temperature of 70 degrees.

Red poinsettias which are kept in a temperature of between 55 and 60 degrees, will retain their color for four to six weeks, and white poinsettias will remain fresh for about two months.

TIT FOR TAT

A wealthy contractor decided to go to church one Sunday. After the services, he approached the preacher with much enthusiasm.

"Reverend, that was a damned good sermon you gave."

The minister replied, "I'm glad you liked it, but I wish you would not use those terms in expressing yourself."

"I just can't help it," said the contractor. "I still think it was a damned good sermon, and I was so impressed that I put a hundred dollar bill in the collection."

Whereupon the minister exclaimed, "The hell you did!"

COLEMAN ELKS' CASH PRIZE

BINGO

IN THE

Elks' Hall, Coleman

ON

Fri., Jan. 12

AT 8 p. m. SHARP

Admission - 13 Games - \$1.00

BONUS CARDS 25c

\$100.00 Jackpot in 57 Numbers

Jackpot to remain \$100.00 if not won, but will be made up

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and

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COLEMAN LIONS

BINGO

IN THE

Coleman Elks' Hall

ON

Wed., January 17

At 8:00 p.m. sharp

Admission - 12 Games - \$1.00

Bonus Cards 25c

\$100 Jackpot in 75 Nos.

OR LESS

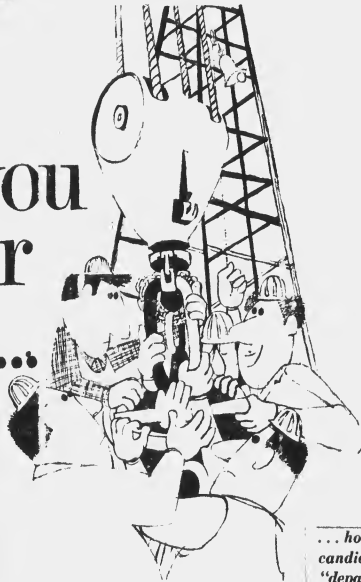
5 Prizes of \$12 and 5 Prizes of \$10

and

\$115.00 Bingo in 7 Numbers or Less

Also EXTRA GAMES according to attend non.

Have you ever wondered...



**... what has proved
the most effective
weapon in the war
against disease-
carrying insects?**

It's research. Research to identify those insects which transmit disease from animal carriers to man; to discover methods of control and to develop preventive measures. Field work on such research is carried out by the Entomology and Vector Control Branch of the Alberta Department of Health. When a disease is reported, these teams trace the source of the infection, determine the area involved, then institute a control program. While this research is being carried out, warnings are posted throughout the area and residents are advised on preventive measures to be taken. Another service provided by the Branch is the identification of household insects. Any Albertan can learn the nature of and control methods for an insect infestation in his home by sending a specimen of the invaders to his city Health Department or local Health Unit. These agencies are equipped with insect control sheets issued by the Branch but, if they are not able to make identification from this information, they will forward the specimen directly to the Entomology and Vector Control Branch for positive identification and control recommendations.

**... who supplies the
"lady in the grey
cap" to Alberta
hospitals?**

The lady in the grey and white uniform and cap is a Nursing Aide, trained and qualified to provide personal nursing care to patients in hospitals, institutions and homes. Her vocation is service and her duties include many of those which were formerly assumed by the trained nurse. To meet the demand for this valuable member of the nursing team, the Alberta Department of Health maintains two Schools for Nursing Aides, one in Calgary, one in Edmonton. To gain admittance to the school, an applicant must meet certain scholastic requirements, be in good health and of good character, with a pleasing personality. She must be well-groomed, be interested in people and have a strong sense of duty. Her training consists of a 40-week course, of which the first 19 weeks include lectures on such subjects as anatomy, physiology, nutrition, nursing procedures, bandaging and emergency nursing, child care and development, care of mother and child, administration of medicine, and geriatrics. Practical instruction and actual experience in bedside nursing are gained through twenty weeks' work in hospitals. The final week of the course is devoted to examinations. The lady in the grey cap is a quality product, fully qualified to assist in protecting the health of Albertans through her training at the School for Nursing Aides.



**... what happens to
Alberta government
wards who are
unable to adjust to
foster home care?**

Some children under government care find it impossible to fit into the regular system of foster homes. This once meant they were moved from home to home in an attempt to find the right environment with the result that the children suffered personally, academically and socially from such moves. The Homes and Institutions Branch of the Alberta Department of Public Welfare today maintains a variety of outlets for these youngsters, the latest of which is the Diagnosis and Treatment Centre in Edmonton. The first complete unit of its kind in Canada, the Centre houses twenty boys and twenty girls in two dormitories which provide complete living accommodation; plus thirty more children in three cottages, each with room for ten. The administration building contains special educational facilities, is staffed by selected teachers, and the Centre will be completely self-contained with the addition of recreational facilities to provide an outlet for the children's energy. Group Homes are another recently-developed method of housing government wards. In these, a housemother and a housefather provide a home environment for six to eight children, living in a regular house in a regular neighborhood. Children who cannot be fitted into any of these areas are often assigned to special foster homes specifically chosen by the Homes and Institutions Branch to suit the child's personality.

**... who teaches the
people who teach
people to have fun?**

Each year, a group of young men and women from all over Alberta gather in Drumheller for the specific purpose of learning how to teach people to have fun. These are candidates who have been



nominated by their local recreation authorities or other responsible community organizations, to attend the Recreation Leadership School held annually by the Recreation Branch of the Alberta Department of Youth. The purpose of the School is to provide persons interested in leading recreation activities with the opportunity to develop their leadership skills. Required subjects during the first year course are recreation leadership, anatomy and first aid, group games, square and round dancing and community singing, with such options as gymnastics, drama, sports and crafts. Second year students take recreation and arts workshops and social dancing, with such options as tennis, archery, swimming and outdoor recreation. On graduation from the Recreation Leadership School, the candidates are qualified to return to their communities to act as activity leaders in local recreational programs.

**... how many
candidates write
"departmentals"
each year in
Alberta?**

Last spring, approximately 50,000 hopefuls attempted Grade 9 and Grade 12 exams, which meant over a quarter of a million examination papers had to be finalized, distributed and marked by the Examinations Branch of the Special Services Branch, Alberta Department of Education. All examinations were prepared one year in advance by Alberta teachers. These were reviewed and, where necessary, revised by the Department with the assistance of teachers and people of the University of Alberta, then distributed to the schools where they were administered. The completed papers were returned to the Examinations Branch for scoring. The massive task of marking the exams required over 600 people, 350 of whom were examiners and the remainder clerks. With the assistance of the provincial data com-



puter centre, result cards were mailed to the candidates for Grade 12 by the end of July, for Grade 9 by mid-August. In addition to handling departmental exams, the Examinations Branch also evaluates documents from other provinces to assess new pupils' positions in the Alberta School system.

**PROVINCE OF
ALBERTA**

For further information write:
Publicity Bureau
1610 Centennial Building
Edmonton

ATTENTION OWNERS AND OPERATORS OF MOBILE EQUIPMENT

Effective January 1, 1968, all mobile equipment coming within the definitions quoted below is again subject to licensing. If such equipment is operated anywhere within the Province except in Cities or National Parks.

Inspectors are constantly in the field checking all such mobile equipment. Practice of issuing warning tickets will be discontinued and any violation of the Act will be concluded in court proceedings. Provision is made for the imposition of a fine and possible impoundment of equipment where a violation of the Act occurs.

The following definitions are taken from the Mobile Equipment Licensing Act:

(d) "MOBILE EQUIPMENT"

- (I) means machinery or equipment capable of being moved to its place of use under its own power or by being towed, pulled or carried and not intended to be affixed to land, and
- (II) includes equipment used for the purposes of seismographic exploration and, without restricting the generality of the foregoing, includes
 - (a) seismographic recording equipment and all appurtenances thereto,
 - (b) conductor cables and cable reels, geophones, amplifiers and cameras,
 - (c) explosive and detonating equipment,
 - (d) drilling units and all the component parts and appurtenances thereof, and
 - (e) water tanks and pumping equipment, but
- (III) does not include
 - (a) vehicles licensed under The Vehicles and Highway Traffic Act, or The Public Service Vehicle Act, exclusive of mounted equipment on such vehicles, and
 - (b) equipment, other than vehicle mounted equipment, used to drill a gas or oil well;
- (e) "municipality" means a town, village, municipal district, county, improvement district, special area, metropolitan district or forest reserve.
- (f) "owner" includes a person renting mobile equipment or having the exclusive use thereof under a rental agreement or otherwise;

NOTE: Mobile Equipment having an original list price of less than \$2,000 does not require a license under this Act. A copy of The Mobile Equipment Licensing Act may be obtained upon payment of ten cents from the Office of the Queen's Printer, 10255 - 104 Street, Edmonton, Alberta.

Address all inquiries regarding MOBILE EQUIPMENT LICENSES to Supervisor of Mobile Equipment Licensing, Department of Municipal Affairs, 10303 - 106 Street, Edmonton, Alberta. Licenses are also available at Department of Municipal Affairs Offices at Medicine Hat, Lethbridge, Calgary, Rocky Mountain House, Red Deer, Edson, Evansburg, Bonnyville, Lac La Pêche, Westlock, High Prairie, Peace River, Spirit River, Grande Prairie, Drumheller, Valleyview, High Level and the Special Areas Offices at Hanna, Oyen and Consort.

DEPARTMENT OF MUNICIPAL AFFAIRS Province of Alberta

A. W. MORRISON,
Deputy Minister.

E. H. GERHART,
Minister.



Provincial Officials Examine Model

Examining the first production model of the PET re left to right L. T. Shetter, Department of Education; Bob McLaren, AGT's Marketing Division, and Bill Paulsen, AGT's Engineering Department.

The Engineering Department of Alberta Government Telephones has produced what could be the "Teacher's Pet" of the future. Designed for educational institutions that do not own large studio facilities, the Portable Educational Television (PET) provides a low cost, flexible, educational television system.

The package consists of two 9" monitors, a video tape recorder, audio amplifier and modulator and a push-button switching panel capable of selecting the various operating functions. The equipment is mounted in a portable control console which is easily moved by one person. The unit can accommodate two cameras, which are

supplied separately to meet the customers' requirements.

PET can record local productions and local TV programs, playing back recorded programs to classroom monitors, transmitting locally produced lectures live over a distribution system to classrooms, and transmitting local broadcast TV programs directly to classroom monitors over a distributing system.

Four hundred hours of engineering time were spent to produce a prototype of PET which was installed in the J. R. Robson High School in Vermilion for a three-month trial period. Modifications were indicated during this time which have been incorporated

and three units are now in operation in Didsbury, Edmonton and Vermilion.

With its low cost, simple closed circuit system, many people can view an important lecture or demonstration, and the high cost of hiring a specialist to repeat the same lecture several times is eliminated. Material which would normally require individual viewing can now be seen by many.

This co-operative venture of Alberta Government Telephones and the Department of Education has provided a valuable tool for educators, and future report cards will testify to its effectiveness.

rich and expand their offerings. The universities in Alberta also have experienced rapid growth within the last decade. This increase has been maintained in 1967, and the new Lethbridge University opened its doors during the year. Fall registrations for the three Universities totalled 18,645 with a continuing upward trend forecast for the future.

While post-secondary and continuing education held the spotlight in 1967, other features of education were noteworthy. The semester system for high schools gained in popularity.

In the field of curriculum, experimentation went forward in the fields of mathematics and science; the wide field of social studies has been opened to scrutiny, and there was a resurgence of interest in the fine arts and the performing arts.

School buildings of a new and flexible design have been approved by the School Buildings Board. There were new developments in vocational education.

While not immediately within the Department of Education, the newly formed Human Resources Council will have a close connection with education. It is expected that the Council will be in operation early in 1968 with the recent appointment of Dr. Downey as Director.

Generally, 1967 was a year of increased costs for education.

While these rapidly rising costs caused some concern, there is every assurance that the people of our Province, children and adults, are being provided with

education of high quality and through our continued efforts available funds will be utilized in such manner as to ensure a continued high quality.

We are indeed fortunate that the leaders of our major organizations, whether they be in Labor, Management or Professional Societies, have in the past, and I am confident that they will in the future, exempted to all of Canada, a highly responsible conduct in all of their individual and collective activities.

Our tremendous growth and development has meant an acceleration and expansion of our training and apprenticeship programs to meet the increased demands for more highly skilled tradesmen and technicians.

Through devoted cooperation of representatives of Labor, Management and Education, we have moved forward in meeting the needs of a more highly technical society through a development of human abilities.

Our newly established branches in the field of Personnel and Human Rights have been busy establishing a solid base to ensure that we can provide necessary services for the protection of the rights and dignity of all Albertans.

1968 having been declared by the United Nations as International Year for Human Rights, will be a significant year for the promotion of the dignity and rights of human dignity and quality in Alberta citizens.

We will have the privilege in 1968 of being the host for the Second Canadian Conference of Administrators of Human Rights Legislation to be held in Edmonton in May.

1968 will also be an important year in the field of labor relations. I have had the opportunity of reviewing and discussing in depth suggestions and recommendations regarding amendments to the Alberta Labor Act with Labor, Management and other interested groups. I am confident that the change in the framework of our collective bargaining system in Alberta (after consultation with these representatives) will ensure a continued high performance in our labor relations experience.

As we view the economic horizons on the Canadian scene, we all must have concern for our future opportunities and ultimate attainments. We are expecting and can see ahead the effects of higher costs, higher taxes, coupled with a general slowing down in programs throughout Canada and indications of some increase in unemployment.

We will have with us the same economic problems as other regions of Canada, but with our solid agricultural and industrial base and the determination and responsibility of our people, we should look forward to the year 1968 with a sense of optimism.

With the many changes of our economy, I would hope that very responsible individuals will be looking for ways in which to improve their own contribution to general productivity increases.

This is a significant factor to ensure a continued growth and an ability to compete not only in our local and national markets, but also in the international marketplace.

In closing, I express a wish to every citizen in the Province for a share in the continuing progress through our individual and combined contribution.

May 1968 provide us with a more solid and lasting development of all our human and resources as we embark into our nation's second century.

1967 Year-End Message

The Hon. R. Reisman

Minister of Labor and Education
With the coming of another New Year, my hopes and aspirations for you, the People of Alberta, can be summarized in a very few words.

"May you go forward in Canada's Second Century with renewed determination to meet every economic and social problem with

optimistic resolution, concerned with the needs of others and with full recognition of your individual responsibilities in a dynamic changing society."

In the year just past, we, as Canadians, have celebrated in many ways our pride in being a Canadian, and we have witnessed a boundless determination to keep Canada a proud nation for all Canadians.

This has been a year of continued contribution in the development of the Human Resources of this Province.

Centennial year has undoubtedly been the year of post-secondary and continuing education in Alberta.

The Northern and Southern Institutes of Technology continued to expand both in the size of plant and number of courses offered. Enrolments are up at both institutions, but not all students applying could be accommodated in the Institutes nor could sufficient students be graduated to supply the demand for trained people.

Community Colleges providing post-secondary education are now located in Grande Prairie, Edmonton, Red Deer, Camrose, Calgary, Lethbridge and Medicine Hat, and there is no doubt that the Community College is becoming more and more popular as an alternative to the large Universities. It must now be decided if more small colleges in other parts of the Province will be established or if existing institutions will be supported and encouraged to en-

Attention Mothers! THE CHINOOK HEALTH UNIT Will hold a Well-Baby & Pre-School Clinic

ON	AT	IN	FROM
JAN. 2 FORT MACLEOD	Health Unit Office	10:30-11:30 a.m. & 1:30-3:30 p.m.	
JAN. 3 PINCHER CREEK	Health Unit Office	10:30-11:30 a.m. & 1:30-3:30 p.m.	
JAN. 4 CLARESHOLM	Elementary School	10:30-11:30 a.m. & 1:30-3:30 p.m.	
JAN. 4 LUNDRECK	Anglican Parish Hall	10:30-11:30 a.m. & 1:30-3:30 p.m.	
JAN. 8 STAVELY	Home Ec. Room	10:30-11:30 a.m. & 1:30-3:30 p.m.	
JAN. 9 COLEMAN	Miners Hall	10:30-11:30 a.m. & 1:30-3:30 p.m.	
JAN. 10 PINCHER CREEK	Health Unit Office	10:30-11:30 a.m. & 1:30-3:30 p.m.	
JAN. 11 BLAIRMORE	Health Unit Office	10:30-11:30 a.m. & 1:30-3:30 p.m.	
JAN. 12 BELLEVUE	Town Hall	10:30-11:30 a.m. & 1:30-3:30 p.m.	
JAN. 12 HILLCREST	Credit Union Office	10:30-11:30 a.m. & 1:30-3:30 p.m.	
JAN. 16 FORT MACLEOD	Health Unit Office	10:30-11:30 a.m. & 1:30-3:30 p.m.	
JAN. 17 PINCHER CREEK	Health Unit Office	10:30-11:30 a.m. & 1:30-3:30 p.m.	
JAN. 18 CLARESHOLM	Elementary School	10:30-11:30 a.m. & 1:30-3:30 p.m.	
JAN. 26 GRANUM	Elementary School	10:30-11:30 a.m. & 1:30-3:30 p.m.	

— FLUCRIDE TABLETS AVAILABLE UPON REQUEST —

Who thinks up new wrinkles for getting rid of old ones, in slacks and sheets and fabrics of all kinds?

Nothing is perfect. This fact has helped Dominion Textile become a leader in the Canadian textile industry. Because it means there must be ways to improve almost every fabric. Dominion Textile is constantly searching for these ways.



And finding quite a few of them. Slacks that keep the press in and the creases out. Sheets you never have to iron.

New and better techniques, new and better ways of doing things, new and better fabrics. From Tex-Made, the fabric people.

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the Canada Pension Plan is one year younger

NOW YOU CAN BENEFIT AT AGE 67

Now you can qualify for your retirement pension under the Canada Pension Plan one year earlier. At age 67. If you've been contributing to the Canada Pension Plan, and if you've retired from regular employment, contact your Canada Pension Plan Office now. The friendly staff will help you fill out the application form that starts your pension cheques coming. They'll explain how your pension is worked out. And when you become eligible. You'll get all the answers to questions about your retirement pension. Payment is not automatic. To receive your pension benefits, you must apply. Application should be made in the Canada Pension Plan Office serving your community.

NOTE: IF YOU ARE AGE 70 OR OVER, AND HAVE CONTRIBUTED TO THE CANADA PENSION PLAN, YOU DON'T HAVE TO RETIRE TO QUALIFY FOR BENEFITS.

YOUR DISTRICT AND LOCAL OFFICES ARE LISTED BELOW.

EDMONTON—Federal Building,
107th St. & 99th Ave.
PHONE 424-0251

Grande Prairie—Federal Building,
10007 - 101st Avenue

Edson—5005 - 5th Avenue

LETHBRIDGE
314 Federal Building,
4th Ave. & 7th St. S.
PHONE 327-2155-6

Medicine Hat
141 - 4th Avenue, South East

Blairmore—Federal Building

CALGARY—Petro-Chemical Bldg.,
811 - 7th Street, S.W.
PHONE 264-6085

Red Deer—346 Professional Bldg.,
Ross Street & 48th Avenue

Drumheller—40 Third Ave. East



ISSUED BY THE DEPARTMENT OF NATIONAL HEALTH AND WELFARE,
THE HON. ALLAN J. MACEACHEN, MINISTER.



Health Hints

from
THE CANADIAN MEDICAL ASSOCIATION

Chest Pain

Pain in the left side of the chest can be due to many causes, according to The Canadian Medical Association.

The pain located directly over the heart is usually due to causes other than heart disease.

Pain that is cardiac in origin most often occurs directly in the centre of the chest behind the sternum or breast-bone. It is usually related to exertion, the pain coming on with exercise and diminishing or disappearing with rest. It may also occur over to the neck, lower jaw and arms—particularly the left arm.

Because the heart is situated in the left chest, any pain originating in this area causes the average person a certain amount of anxiety. We are all concerned about heart disease. In fact, there are many conditions that cause pain in the left chest. The "painful anterior chest wall" is a well recognized clinical condition. Also, any disease of the left lung, the pleural lining of the lung, the ribs, the small muscles between the ribs, nerves, fat or skin, could cause pain in the left side of the chest. Even diseases outside the chest, including ulcers and gall bladder disease, can sometimes be felt in the left chest area.

The C.M.A. says that early attention by the family physician is the best solution to the problem of chest pain. All chest pains should be diagnosed, because some of the causes are serious.

Elks Announce Bingo Winners

Cliff Letcher of Fernie was the lucky winner of \$50 cash and another \$50 was split by Mrs. M. Plesny and Mrs. Gardiner at the Elks last bingo night.

Other prize winners were:

\$10, split by Mrs. Steinhilber and Frank Salo, Rea Pines and Edna Campbell, Steve Plesny and Ed Nuttal.

\$12 split by Marge Kuback, Irene Letcher, Mrs. Ivan Johnson and Mrs. Elwin.

\$12, Mrs. Ella Berner, and \$10 each was won by Mrs. Bevelacqua, Doreen Vancoli, Mike Steinhilber, Mary Atkinson, Mrs. Nelson and Mrs. Bevelacqua.

The next bingo night will be on January 12 when a jackpot prize of \$200 will be offered for the first blackout in 57 numbers.

Another Alberta Company Expanding

A. V. Carlson Construction Ltd. have been awarded the contract for phase one of a major addition to the Edmonton plant of Labatt's Alberta Brewery Limited. It was announced recently by E. E. McManus, vice-president and general manager of the Alberta company.

McManus said that the work was to commence immediately and should be completed by early May, 1968.

The addition, which will house two large multiple fermentation tanks, will be built immediately east of the present building which went into production March, 1964.

In making the announcement, McManus referred to the "outstanding growth and development of the Alberta economy in the past few years," and said the new Labatt's addition "was very much the result of the rapid expansion of this great Province."

New Year's Message

By PETER LOUGHEED
Leader of the Opposition in
Alberta

We are about to face Centennial, Plus One. My Colleagues in the Alberta Legislature join with me in wishing each and every one of you the best of health and prosperity in the coming year.

I believe most of us sense a new feeling of national pride and purpose in Canada. I am convinced that it is not just a passing centennial celebration but a spirit that will continue to grow with increasing strength and vitality.

However, it has to be recognized that at the same time we face significant and growing economic and social problems in Canada and also in Alberta — problems which require action, not merely words — problems which

Trips In The Night

The person who has to get up during the night to pass urine may be suffering from one of two conditions, says The Canadian Medical Association.

If he is passing larger quantities of urine than normal during the night, and in the daytime too, the doctor will look for such diseases as diabetes and chronic kidney disease. More commonly, however, the individual who has to get up during the night simply has to pass urine more frequently, and the total quantity is no greater than normal.

In older men, this condition is usually due to enlargement of the prostate gland, which is located at the lower end of the bladder. In males this gland normally enlarges with age, and sometimes reaches a size large enough to interfere with the ability of the bladder to hold large quantities of urine. It may also interfere with the valve mechanism at the lower end of the bladder, causing the patient to experience difficulty in starting or stopping the urine stream. People with such symptoms should consult their physician.

The C.M.A. says it is sometimes necessary to have an operation to remove a portion of the prostate gland in order to relieve the obstruction to the outflow of urine from the bladder.

can be overcome with co-operation and good will. Problems of inadequate accommodation, pressure of taxes, shortage of essential public services, and rising costs in our agricultural community. The honeymoon is definitely over in Alberta! There is no longer sufficient money to do all we would like to do and do it now. So we must choose between the essential and merely the desirable — we must establish our priorities after public debate and discussion.

But even though we have significant problems to meet in Alberta, I am confident that the people in this province can and will meet and resolve them. My concern is that in attempting to solve our difficulties we upset some of the basic reasons for our present prosperity. We have a way of life in Alberta that the vast number of Albertans wish to preserve. I am optimistic of Alberta as we move into a new year — confident that we can overcome our current problems while at the same time preserving the nature of our society.

Last year was a good year for Alberta — next year can be better!

Again, my sincere good wishes for 1968.

Card of Thanks

I wish to express my sincere thanks to Dr. Aiello, John Salus, Ernie Fantin and Andy Maru-ko, also to all those who helped in any way during my recent sad bereavement in the loss of my wife.

Nick Urkewich.

Card of Thanks

We wish to express our sincere thanks to the ladies of the C.W.L., our neighbors and friends who assisted at our home during our recent sad bereavement. Also a special thanks to Rev. Father Krewski and those who sent flowers, mass cards and sympathy cards or helped in any way.

Mr. J. Kapelka and Family.

Card of Thanks

I would like to express my sincere thanks to my friends and members of the Coleman Elks Lodge who sent me well wishes and good wishes to me while I was a patient in the University Hospital at Edmonton.

J. M. Ruston.

- O - K -

RUBBER STAMPS
PROMPT SERVICE



Attend Church

ST. PAUL'S
United Church

Morning Service—10 a.m.
Sunday School—10 a.m.
You are All Welcome.

ST. ALBAN'S CHURCH
COLEMAN

10.00 a.m. Each Sunday.
You are All Welcome.

COLEMAN CHRISTIAN
ASSEMBLY

Family Bible Hour 11:00 a.m.
Lord's Supper 12:30 p.m.
Evening Service 7:00 p.m.
Holding Fast the Faithful Word
—Thurs 1:3.
Holding Forth the Word of Life
—Philippians 2:16.

JEHOVAH'S WITNESSES
Coleman

Meetings at Kingdom Hall
Every Sunday at 10 a.m.
Every Friday at 7 p.m.

LUTHERAN SERVICES

Held in the Anglican Church
7:30 p.m. Each Sunday
Rev. Karl Keller
Phone 627-4278
Pincher Creek.

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OLD Watches, Clocks, Picture Frames, Dishes, Dolls, Lamps, Bells, etc.

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5th St. S. - LETHBRIDGE.
Art Dietrich, Mgr. 328 4096

Personalities IN THE NEWS

Mr. Leonard Hotta visited his daughter and son in law Mr. and Mrs. R. Gardiner in Obodo, Man.

Miss Donna Trotz, Lab. Tech. at the Taber hospital, visited her parents Mr. and Mrs. Joe Trotz.

Mrs. E. Hopkins visited at the Pacific Coast with her son and family and other relatives.

Jimnie Montalbeti attending University at Edmonton where he is completing his Master Degree visited his parents Mr. and Mrs. J. Montalbeti.

Mr. and Mrs. J. Rogers visited at Lethbridge with their daughters and sons-in-law Mr. and Mrs. Fontana and Mr. and Mrs. J. Bayon, also Mrs. Rogers father Mr. Dave Gillespie.

Visiting with Mr. and Mrs. Jim M. Donald over the festive holiday were all the members of their family: Mr. and Mrs. Dave Patterson (Sharon) and children of Nanton, Mrs. J. Kendall (Lana) of Belleville Illinois, Mr. and Mrs. B. Lund (Darlene) of Edmonton, LAC Foss McDonald of RCAF station Mont. Apica, Quebec, Maureen and Jim Jr. both of Calgary and John of Edmonton.

Mr. and Mrs. Tom Campbell of Calgary spent the Festive holidays with the former's parents Mr. and Mrs. Bob Campbell.

Mr. and Mrs. Dave Pow and Pat spent New Years visiting in Lethbridge with Mrs. Pow's sister Erma Shaw and boys.

Cpl. and Mrs. Steve Vrsakovy of Brandon, Man. and Mr. and Mrs. Bob DePellegrin of Trail, B.C. visited at the home of their parents Mr. and Mrs. Andy Vrsakovy and grand parents Mr. and Mrs. L. Kalivoda over the holiday season.

Brent Skura attending University at Edmonton visited his parents Mr. and Mrs. W. Skura over the holidays.

Miss Marilyn Liddell attending University at Edmonton and Ken Liddell of Calgary spent the holidays at the home of their parents Mr. and Mrs. W.R. Liddell.

Ian Gray of Edmonton was a Coleman visitor over the holidays.

Richard Dreja attending University at Calgary spent the holidays at the home of his parents Mr. and Mrs. T. Dreja.

Joe Aiello attending University at Edmonton visited his parents Dr. and Mrs. E. Aiello over the holidays.

Mr. and Mrs. R. Johnson of Calgary visited the latter's parents Mr. and Mrs. W. Borrows.

Mr. and Mrs. Allen Gate of Lethbridge visited the former's parents Mr. and Mrs. H. Gate.

Miss J. MacQuarrie, student nurse at Foothills Hospital, Calgary, visited her parents Mr. and Mrs. A. MacQuarrie.

Miss Dorothy Ann Binda on the teaching staff at Fort St. John visited her parents Mr. and Mrs. J. Binda.

Wayne Krywolt attending University at Calgary visited his parents Mr. and Mrs. E. Krywolt.

Brian Zak attending University at Missoula visited his parents Mr. and Mrs. H. Zak.

Mr. Wm. Shultz of Pincher Creek spent Xmas week-end with his son and daughter in-law Mr. and Mrs. L. Shultz and Cathy.

Mr. and Mrs. T. L. Cotton returned last week from a holiday spent at Vancouver and Oakland, California.

Kenneth Murdoch, attending University at Edmonton, spent the festive holidays with his parents, Mr. and Mrs. S. Murdoch.

Mr. and Mrs. W. Grier of Delta, visited at the home of Mr. and Mrs. H. S. Rowbotham.

Miss Beverly Jarmachuk, who is studying Christian Education in Calgary, visited at the home of her father.

Mrs. Hewitt of Westbank, B.C., visited her brother-in-law and sister, Mr. and Mrs. J. Owen.

Miss Elaine Herford, attending University at Edmonton, visited her parents, Mr. and Mrs. A. A. Herford.

Mr. Robert Jenkins returned last week after spending six weeks at the Coast visiting his son and daughter-in-law, Mr. and Mrs. D. Jenkins.

Mr. and Mrs. Gordon Nelson and two children from Calgary, visited the former's parents, Mr. and Mrs. H. Nelson.

Mr. and Mrs. Paul Belter spent the holidays at Calgary with their son Eddie and family.

Mrs. Helen Houde of Calgary, visited her brother and sister-in-law, Mr. and Mrs. Mel Cornett in Coleman and other relatives in Bellevue.

Mr. and Mrs. Edgar Allen visited Edmonton, guests of their son Dr. Peter Allen and Mrs. Allen and family.

Mr. and Mrs. T. McGregor of Vancouver, B. C., visited their son-in-law and daughter, Mr. and Mrs. Roy Upton.

Brian Johnson of Kimberley, B. C., visited his mother, Mrs. Margaret Johnson.

Mr. and Mrs. Mel Cornett visited at Calgary with their son and family, Mr. and Mrs. Alex Cornett.

Mrs. Harold Maslen, formerly of Coleman, now residing in Calgary, visited relatives in Crows Nest Pass over the holidays.

Mrs. Steve Panik visited at Fort St. B. C., with her son-in-law and daughter, Mr. and Mrs. Arbuckle.

Born to Mr. and Mrs. G. Walker (nee Gail Vincent) of Edmonton, a son, on December 26th. Mr. and Mrs. Frank Vincent of Pincher Creek, formerly of Coleman, are the proud grandparents.

Mr. and Mrs. Nick Unilowski and daughter Judy, of Pincher Creek, visited the latter's mother, Mrs. A. Mysyniak and her sister, Mr. and Mrs. L. Vasek.

Miss Donna Nelson of Calgary, visited her parents, Mr. and Mrs. H. Nelson.

Mrs. J. Lepacek and Mrs. M. Cornett attended the funeral of their nephew, the late Mr. Joseph Sekula, who passed away in Lethbridge in his 29th year.

Mr. and Mrs. G. White and family of Calgary, visited the latter's parents, Mr. and Mrs. J. Owen.

Mrs. M. Godfrey visited at Calgary, the guest of Mrs. Rose Glover.

Mrs. R. Holly has returned from a three months' holiday spent at San Diego, Calif., with her son-in-law and daughter, Mr. and Mrs. T. J. Caddish and two children. Mr. and Mrs. Caddish and children returned to Coleman with her.

Mr. and Mrs. R. Girardi and family visited the former's parents in Edmonton.

Mr. and Mrs. Al Bateman and family visited Mr. and Mrs. T. Holstead and Mr. and Mrs. D. Gibson.

Mr. and Mrs. D. Gibson and family visited at Bow Island with relatives.

Mr. and Mrs. H. Besseling and children of Lethbridge, spent the Christmas holidays at the home of the latter's parents, Mr. and Mrs. H. Fownall.

Miss Grace Park, employed at Calgary, visited at the home of her parents Mr. and Mrs. J. A. Park.

Friends are pleased to see Mr. J. M. Rushton home again after being a patient in the University Hospital, Edmonton, for the past few weeks.

O.E.S. Elect Officers

Minerva Chapter No. 41, Order of the Eastern Star, elected its new slate of officers for the coming year.

To head the Lodge are: Worthy Matron, Dorothy McGregor; Worthy Patron, Brother Cecil Coover, P.P.; Associate Matron, Beverly Martinez; Associate Patron, Brother James Park.

P.P. Conduccia, Margaret Dean; Associate Conduccia, Florence MacL. J. P.M.; Secretary, Geraldine Fontalbeti, P.M.; Treasurer, A. Vincent; Ada, Betty Pitt; Phil Jones; Esther, Phyllis Jenkins, P.M.; Martha, Edith Nelson, P.M.; Elsie, Elsie Wilson P.M.

Chaplain, Irene Coover, P.M.; Organist, Emily Owen; Marshal, Doree Colwell, P.M.; Warden, Doree Colings, P.M., and Phil, C. Sudworth.

The committee will comprise the following members:

Aud. Committee, Phyllis Jenkins P.M., Phyllis Jones and Bro. James Park.

Finance Committee: Doree Colings J. M., and Margaret Dean; Exam. Committee: Brother George Jenkins P.P., Edith Nelson P.M., and Slater C. Garner.

Instructing Committee: Wilson P.M., Kath von Park P.M. and Irene Coover P.M. Sickness and Deaths: Mrs. A. Bowman P.M. and Sister Margaret Colwell P.M.



Coleman Elks Lodge No. 117

Meets every 2nd and 4th Thursdays of each month at the Elks Hall, at 8 p.m.

Jan. 11th, General Meeting
Jan. 12th, Cook Bingo Night
Jan. 25th, General Meeting
Jan. 26th, Cook Bingo Night

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Food Sales

SPECIALS Good for Jan. 11, 12 and 13

BUTTER ^{First Grade} Pound 69c	SUGAR 10 lbs. 99c	Milk, Carnation 6 tins \$1.15	Nabob Coffee 1 lb. pkg. 45c
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SANI-DRAIN, Liquid, 33 oz. Regular 95c, NOW - 75c

All Xmas Chocolates 20 per cent OFF

HIENZ KETCHUP, 20 oz., 2 for 95c

LIPTON'S NEW CASSE'OLE BASES
MORNAV, 6t ounce 59c
TETRAZZINI, 6t ounce
STROGANOFF, 6t ounce
NEW, TRY SOON

CAMPBELL'S SOUPS, Tomato or Vegetable, 10 oz., 6 tins for 89c

Rose Pickles Bread & Butter, 64 oz. \$1.06
Polish Ogurci, 64 oz. 95c

JAMS

Apple and Strawberry or Apple and Raspberry 4 Pound Tins, each 79c

CANNED VEGETABLES

Peas and Carrots, Peas, Cream Corn, 14 oz, 5 Tins 95c

MEATS That Satisfy at Your Favorite Meating Place

Union Cottage Rolls, Ready to Eat, C.O.V., Lb. 89c

Union Wieners, Vacuum Pack, Per Pound 55c

BALOGNA, Piece, Lb. 39 - BACON, Pkg. 85c

FRESH PORK PICNICS, whole only, Lb. 39c

FLOUR, 20 lbs. for \$1.59

Scotties Facial Tissues 3 Packages for 89c

Kellogg's Corn Flakes, 12 oz., T. Clear, 3 pkgs. \$1.00

Creamettes, new size, 4 lbs 59c

Ward's Willow Pak Candy 4 Varieties, per pkg. 45c

BANANAS, 7 Pounds \$1.00

Scott Toilet Tissue, 8 Rolls 99c

KOOKIES, 3 Packages \$1.00

Roxy Theatre

Show Times - Monday to Friday, 1 show, 8.00 p.m.
Saturday at 2 p.m., 7 p.m. and 9 p.m.

COMING ATTRACTIONS

Thursday and Friday, Jan. 11 and 12

"Mirage"

Gregory Peck - Barbara Shelley - Drama Adult

Saturday and Monday, Jan. 13 and 15

"In Like Flint"

James Cagney - Lee J. Cobb - Adventure Action! Family

Matinee Sat., Jan. 13 at 2 p.m.

Thursday and Friday, Jan. 18 and 19

"Fistful Of Dollars"

Clint Eastwood - John Wayne - Western - Adult

Saturday and Monday, Jan. 20 and 22

"Marriage Italian Style"

Sophia Loren - Marcello Mastroianni - Drama
Restricted Adult - Admission \$1.00

Special Matinee Sat., Jan. 20 at 2 p.m.

"Deadly Companion"